

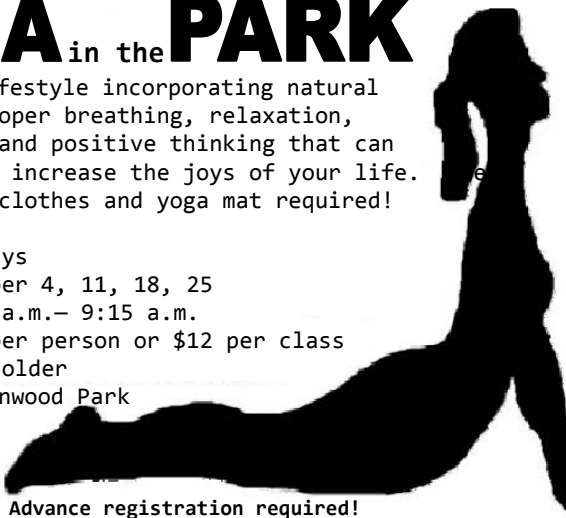
ADDITIONAL PROGRAMS

YOGA in the PARK

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, medication, and positive thinking that can dramatically increase the joys of your life. Comfortable clothes and yoga mat required!

Day: Mondays
Date: October 4, 11, 18, 25
Time: 8:15 a.m. - 9:15 a.m.
Fee: \$35 per person or \$12 per class
Age: 18 & older
Location: Kenwood Park

Advance registration required!



KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons will be studied. If you are interested in participating in this instructional class being offered at Kenwood Park Pavilion this fall, please contact us at the number listed below. You will be placed on an interest list. With sufficient registration a class will be formed and details will be given at that time.

ADULT BEGINNER TENNIS LESSONS

Have you always wanted to learn to play tennis? Tennis is a fun way to exercise, make new friends, or improve your skills. This class will work on basic strokes, doubles & singles strategy, drills and play. Additional or advanced classes will be added upon demand. Class size requires a minimum of 4 per class.



Day: Wednesday
Date: September 8 - September 29
Time: 9:00 a.m. - 10:00 a.m.
Fee: \$30 per person + racket and cold drink.
Age: 18 & older
Location: Kenwood Park

WOMEN'S AND MEN'S TENNIS LADDER

Try to stay atop a tennis ladder at Kenwood Park. Join us as we utilize our newest park for good, competitive tennis.

Date: Begins September 13
Fee: \$10 per person
Age: 18 & older
Location: Kenwood Park



*Deadline to register for the initial draw is noon on September 13. Advance registration is required!

CPR/AED CLASS

Participants will learn the basic techniques of adult and child Cardiopulmonary Resuscitation (CPR) and the use of an Automated External Defibrillator (AED). Participants will also learn about using barrier devices in CPR and giving first aid for choking victims.

Day: Tuesday
Date: September 28
Time: 6:00 p.m. - 9:00 p.m.
Fee: \$25 per person
Age: 18 & older
Location: Kenwood Park



TODDLER TRACK AND FIELD

Participants will be exposed to the various events of track and field in a fun and safe environment. Children will conclude each day by competing in a different track event.

Day: Tuesdays and Thursdays
Date: October 5 - 21
Time: 10:00 - 11:00 am
Fee: \$30 per person
Age: 2 - 4 year olds
Location: Kenwood Park



The Fayette County Parks and Recreation Department offers a wide variety of affordable leisure and recreation activities such as special events, classes and trips. We are always on the lookout for new ideas and community suggestions in all of our parks. Whether you're new to the area, retired, or still working and you have a program suggestion you would like to see offered or if you would like to become an instructor we want to hear from you.